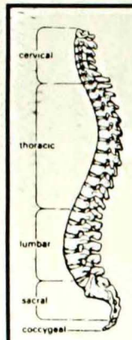

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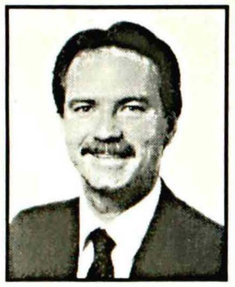

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Tuesday, July 14, 1998

Tuesday LIVE!

Sports Fitness Recreation

THE LEMON GROVE REVIEW

Vol. 50, No. 94

Former Silver Bullets player really enjoys 'home cooking'

by Cheryl Cohen

Just like Dorothy in "The Wizard of Oz," Pam Conro thinks there's no place like home. In 1996, she pitched for the Colorado Silver Bullets, the women's professional baseball team which was organized in 1992. After living out of a bus for a year, she's just as glad to sleep in her own bed.

"It's nice to get a home-cooked meal once in awhile," says Conro. It should be easy enough to do; she lives a block away from her folks in Lemon Grove.

After pitching seven games for the Bullets, she was released from the team in June 1996. A player that Conro replaced, came back off of the injured list and Conro was out. Just like that.

Out, maybe, but certainly not down. Conro is getting ready for a playoff series this coming Sunday at Grossmont College for the San Diego Diamonds, a mostly-women baseball team (her team has three men).

Conro is just off the injured list herself. Last October, she had elbow surgery and in March, her Ulnar nerve was relocated.

Right now, she's playing at about 50-percent capacity, but said "at least I'm not just sitting on my butt."

Sitting on her lower anatomy doesn't sound like something Conro could do for long, anyway. In addition to playing baseball, she's coaching the all-star team for Little League at Vista La Mesa, works as a machinist at Lenco in Lemon Grove and is playing Over The Line next week in a team called ... well ... never mind.

This will be Conro's last year coaching Little League, as her niece, 14-year-old Nancy Witherspoon of Valley Mesa Grove, has asked her to coach her Bobby Sox team. Conro said proudly that she'll be coaching with her dad.

What's life like after the Bullets? Conro says she was lucky to play when she did, but that things are different now. There are more women's professional teams, in Los Angeles, San Francisco and San Jose.

"But it's hard to give up a machinist's salary for $850 a month and living on the road again," she said. "Things got too political."

Conro noted that when playing for the Bullets, she denied rumors heard from home that players on the women's team were treated differently in order to make them look good. She felt it couldn't possibly be true or she'd be aware of it — but found out she was wrong.

After leaving the Bullets, Conro had the opportunity to play against them while on a Los Angeles team. She learned that the rumors were true.

"Male pitchers were told they couldn't pitch over 80 mph, no more than one curve ball per batter and things like that It's not the way you're supposed to play ball," she commented

The team she's on now experiences its own political pitfalls. The Diamonds play in a men's baseball league, age 40 and over. Another team in the league, the Dodgers, simply refuses to play against them.

Pam Conro, Helix High School Class of 1983, pitched seven games for the Colorado Silver Bullets. She says women in baseball have come a long way, but old attitudes die hard.

"They say that if they wanted to play against women, they'd be playing softball," she related. "We just figure they're afraid of losing to us – that sort of stuff destroys their ego, you know. "

Conro thinks that there will always be women teams, but doesn't expect them to ever really gain enough momentum to match the popularity they're seeking.

"It interests women, but it's a man's sport. The guys just won't go to the stadiums to see women play," she said. "But that's their loss, if they don't."

Just one look at the determination in Conro's face as she discusses the game, and you know she's as serious as any athlete could be.

Lemon Grove Fire Log

June 29, 1998

8800 blk. Lamar St. Difficulty breathing.
Church St./New Jersey Ave. Chest pains.
8100 blk. Broadway Ave. Possible coroner's case.
8200 blk. Mt. Vernon St. Fall.
7000 blk. Waite Dr. Medical aid.
Calvocado St./Glencoe Dr. Smoke check.
Canton Dr./Watwood Rd. Vehicle accident.
Lemon Grove Way/Grove St. Evaluate for the Sheriff.

PUBLIC NOTICES

NOTICE OF TRUSTEE'S SALE File No. - 109139 Servicer - FIRST NATIONWIDE #6832953110 Trustor - SR BURK YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 6/28/95. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On August 4, 1998 at 10:00 A.M., **Northwest Mortgage Services, Inc.**, as duly appointed Trustee under deed of trust executed by Stephen R. Burk, Sharon Burk as trustor, recorded July 6, 1995 as Instrument No. 19950285454 in Book – Page – of the official records of the recorder's office of San Diego County, California, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER for cash, or cashier's check (drawn and payable at the time of sale in lawful money of the United States as specified in section 5102 of the Financial Code), at the South entrance to the County Courthouse, 220 West Broadway, San Diego, CA all right, title and interest conveyed to and now held by it under said Deed of Trust in the following described property situated in the aforesaid County and State. Lot 20 of Lemon Grove Addition Unit No. 1, Resubdivision No. 1, in the City of Lemon Grove, County of San Diego, State of California, according to Map thereof No. 3815, filed in the Office of the County Recorder of San Diego County on February 19, 1958. 8340 Robbie Way, Lemon Grove, CA 91945-0000 APN 503-342-10-00. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said deed of trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the deed of trust, estimated fees, charges and expenses of the trustee and of the trusts created by said deed of trust, to-wit: $166,409.37. Dated: July 14, 1998. **Northwest Mortgage Services, Inc.**, as trustee, 3636 Camino Del Rio North, Suite 200, San Diego, CA 92108, (619) 528-4688, (916) 387-7728 - Sales Information, By: Cindi Stewart, TEAM C, Authorized Signature ASAP327891 7/14, 7/21, 7/28

Trustee Sale No. 980463 APN No. 480-592-12 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 01/04/95. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 08/03/98 at 11:00 A.M., Action Foreclosure Services, Inc. as the duly appointed Trustee under and pursuant to Deed of Trust recorded on 01/20/95 as Document No. 1995-0027985 of Official Records in the office of the Recorder of San Diego County, California, executed by: Felipe Mario Alcantara and Julia Arias Alcantara, husband and wife as joint tenants, as Trustor, Tres Lomas Financial and/or its assignees, as Beneficiary will sell at public auction to the highest bidder for cash, (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this State), at: Main Entrance, Scripps Bank Building, 7817 Ivanhoe Ave. La Jolla, Ca 92037 all right, title and interest in the property situated in said County, California, describing the land therein: As more fully described in the Deed of Trust hereinabove referred to. The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 8107 Palm Street, Lemon Grove, Ca 91945 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to wit: $112,115.38 Estimated. Accrued interest and additional advances if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recordation. Date: 07/07/98 Action Foreclosure Services, Inc. as Trustee. 7817 Ivanhoe Avenue, Suite 300, La Jolla, Ca 92037 (619)551-8855 By: James M. Allen, Sr., President C278822 7/14, 7/21, 7/28 1998

NOTICE OF PETITION TO ADMINISTER ESTATE OF RICHARD ANTHONY LONG CASE NO. P172425

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both, of: RICHARD ANTHONY LONG
A PETITION FOR PROBATE has been filed by MARIA E. SHOURDS in the Superior Court of California, County of SAN DIEGO.
THE PETITION FOR PROBATE requests that MARIA E. SHOURDS be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A HEARING on the petition will be held on JULY 27, 1998 at 1:45 p.m. in Dept. 35, located at 220 W. BROADWAY, San Diego, CA 92101
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
Petitioner:
MARIA E. SHOURDS
2628 Mallorca Place
Carlsbad, CA 92009

Lemon Grove Review
July 9, 14 & 16, 1998

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Cheryl Cohen, Trudy Thomas
Sports Editor: Marv Rosen
Contributing writers: Cheryl Cohen, Greg Eichelberger, Michael Krawczak, Joe Naiman, Paul Treske, Betty Jo Tucker

Submissions

Letters, editorial and photo submissions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope.

Material can be sent via e-mail at the following address: yscmr@adnc.com.

All materials must be received by the Monday preceding the date of publication. The editor reserves the right to edit all submissions.

Advertising

All advertising is subject to current rate card. The publisher reserves the right to reject an advertiser's order.

Only publication of an advertisement shall constitute final acceptance.

Send all correspondence to: Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946

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Lemon Grove Almanac

1994 Population:	25,100
Incorporated:	1977
Area:	3.75 sq. mi.
Median income:	$34,399
1996-97 city budget:	$26.3 million
1996 taxable sales:	$265 million

Mayor:	Mary Teresa Sessom
Council:	Thomas Clabby
	Craig Lake
	Dwight Shelley
	Jill Greer

City Manager:	Doug Yount
Planning Director:	Linda Niles
City Attorney:	Gloria McLean
City Clerk:	Christine Taub
Sheriff's Capt.:	Yolanda Collins

Congressional district:
52nd - Duncan Hunter
State Senate district:
40th - Steve Peace
State Assembly district:
77th - Steve Baldwin
Supervisorial district:
2nd - Dianne Jacob

Libraries:	1
Post offices:	1

B Words

by Bob Burns

Internet designed to drive me nuts

Being a computer nerd, I am completely convinced that the world of the internet has the single desire to drive me nuts. I have taken numerous classes, from which I have gleaned some knowledge and skill, probably about 2 percent of what was offered. My MacIntosh has been upgraded and added on to, and I am still very comfortable with it despite the general attitude that I am driving an Edsel. It is capable of so very much more than I am presently able to use, that I am as happy with it as if I were in my right mind.

Part of what bothers me about the industry, which seems to be hell bent on intimidating all of us and making us feel stupid, is the experience of going to a "computer mega complex" for information or to buy something. My history, in such places, after the awe subsides has been one of frustration. After talking to 15 people who gave me 20 answers, I have some how managed to make progress. Or, on the phone with a company rep where one awaits a turn to be talked to by human being, the ear is constantly bombarded with commercial proclamations as to the perfectness of the products and staff. Something really inconsistent here, right?

But I have found a pleasant niche in the American OnLine service that I subscribe to. I first began with a very limited time allowance for a fixed fee, like $10 per month. After a few minimal months, I began to go over and received a bill for $41. Oh, Oh.

So, in going to the unlimited time allowed for $20 per month, I was able to fully enjoy the Chat Rooms.

If you want to argue abortion, gun control, Clinton or Gingrich, the Newsroom is for you. There is a Senior Citizen Chat, and my favorite Pet Chat, plus hundreds of others for all persuasions.

Since the transference of my practice here in Lemon Grove to Dr. Quines precludes my practice of Veterinary Medicine within a 50 mile radius of Lemon Grove, I have to confine my advice giving to outside those parameters. I have joined a few other veterinarians across the country who spend time on the internet helping others. It is surprising how uninformed people are, even though there is a large percentage of chatees that are young. Many of the simplest questions can be of real help if only to direct them to their vet, with or without urgency. Also many misconceptions, old wives tales and dangerous ideas as to drugs used in animal medicine, can be corrected to the benefit of all, especially the animals.

I have made many friends in Tennessee, Florida and Texas, and have pleasant Email messages along the way. I believe that I have helped a few, and possibly offended others. My very narrow views on the ownership (attempted domestication) of Ferrets and Wolf-dog hybrid breeding, are definitely contrary to some. On the other hand, I have had donations of money to humane societies in my name, and have even had a pit bull puppy named after me. When one filters out the smart alecks, the whimsical and the "want something for nothing" questions, most are truly pet lovers and serious about their welfare.

I would advise my fellow computer nerds, and the other experts, to investigate the chat rooms, if they already haven't. There must be something among the hundreds of rooms that would suit any individual.

Like the man says, "Try it, you'll like it.".

Community Notes

Local nursing grad receives Kaiser scholarship

Kathleen Hervan of Lemon Grove was among 33 nursing students at San Diego County colleges to receive scholarship from Kaiser Permanente. The health-maintenance organization awarded $30,500 in scholarships this year to nursing students.

Hervan is enrolled in a graduate program at the University of San Diego. She received a $1,000 award for academic excellence.

Slatter receives science degree

Fredrick R. Slatter of Lemon Grove has earned an associate of science degree and was part of the spring 1998 graduating class at Vincennes University in Vincennes, Ind.

Health workshop set in Santee

The Inland Doctors Speakers Bureau will sponsor a free health workshop at 6:30 p.m. on Thursday at the First Baptist Church, 9230 Prospect Ave. in Santee.

The workshop will be about Attention Deficit Disorder, and Attention Deficit Hyperactivity Disorder. Symptoms will be discussed as well as safe, natural, non-drug solutions to alleviate these conditions.

The Inland Doctors Speakers Bureau is a group of local doctors from a variety of fields who donate time to present workshops, seminars and screenings. For further information call 449-3438.

Business women to meet

The American Business Women's Association, ABWA, Valle del Sol Charter Chapter, invites all working women to its monthly meeting at 6 p.m. tonight at the Country Comfort Restaurant at 1255 Avocado Ave. in El Cajon.

Speaker Gary Loman will discuss, "Winsome Ways to Influence Others." Cost is $11 for dinner. For more information, please contact Carol Burns at 390-1155.

The mission of ABWA is to bring together women of diverse backgrounds and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition.

New!

Free Sports Fitness Recreation Box Ads

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Free reader advertising boxes are now being offered in our six *Tuesday Live* publications. The boxes are limited to sports, recreation or fitness items ONLY.

ONLY FIVE BOLD WORDS Items are limited to 30 words or less. Phone numbers count as one, hyphenated words as two. Our current *Tuesday Live* circulation is at least 5,000 per week.

Forum Publications is not responsible for veracity of boxes, nor for the accuracy of the ads. We will only make corrections if box is to be rerun (separate application) more than once. We also reserve the right to reject any ad and will not guarantee that a particular free ad will be run (we will try).

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ST. LUKE'S GOLF OUTING and dinner will be held Sunday, July 26 at Eastlake Country Club in Chula Vista. Call George Heidenreich at 444-0191 for more info.

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AVAILABLE

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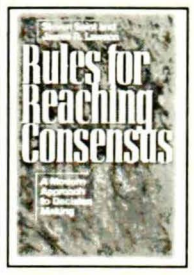
Local Authors



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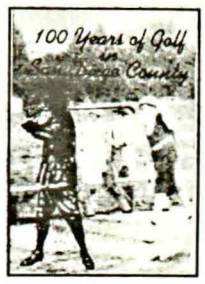


Send check or money order with 75¢ postage payable to "Forum Publications" to:
Local Authors, Box 127, Lemon Grove, CA 91946

Sports/Rec Notes

YMCA offering neighborhood swim lessons

East County's Davis/Grossmont Family YMCA is offering swim lessons in various locations around the region. Lessons are scheduled for pools in Alpine, Rancho San Diego, Spring Valley and Santee in July and August for $40 per session.

The Monday - Friday 30-minute lessons in two-week sessions are for children 6 months to 12 years, beginner through intermediate.

The YMCA adheres to strict safety standards and maintain a student-teacher ration of 6:1. Each class will focus on water safety, skill acquisition and positive self-esteem.

Pony baseball and softball founder passes away

Lewis W. Hays, founder of Pony baseball and softball died on April 11 in Washington, Penn. He was the founder of a baseball league for 13- and 14-year-olds in that city in 1951.

When he started the league, Hays was sports editor for *The Reporter*, a local afternoon paper. He worked at the paper from 1946 to 1963, when he left to devote time and talents to the youth baseball movement. Although long retired at the time of his death, he still was active in the organization, having served in many administrative posts.

Tuesday Live!
has FREE classifieds for sports, fitness and recreation related ads.
See Page 5!

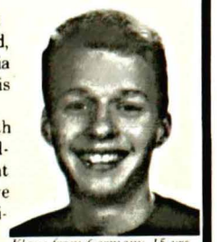
SELECT YOUR EXCHANGE STUDENT TODAY!

Anna from Norway, 16 yrs. Likes skiing, swimming, dancing and art. Anna hopes to join a drama club as an exchange student.

Choose a high school exchange student from France, Germany, England, Russia, Italy or Scandinavia to join your family for this coming school year. Enrich your home with the culture and friendship of your new student while sharing your love with them. It's an experience of a lifetime. Call today!

Local Area Rep: Richard Peck at 589-7909

Pam at 1-800-733-2773



Klaus from Germany, 15 yrs. Loves camping and playing soccer. Klaus' dream has been to spend a school year in North America.

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LIVE! Beat with Greg Eichelberger

Although a little too early to be writing about prep football, what with baseball in full swing, the sixth annual Spanos All-Star Classic did give quite a few East County gridiron stars a chance to shine last Saturday. Combatants such as Lon Sheriff (West Hills), Dylan Mora (El Cajon Valley) and D.J. Anderson (Granite Hills), among others, participated for the South team.

The top high school seniors played their final games against one another at Escondido High. Chargers' rookie quarterback (and, hopefully, future superstar) Ryan Leaf served as an honorary coach, while Helix High skipper, Jim Arnaiz helped to coordinate the event.

In this year's game, the South was overrun by the North, 40-7 when the North's defensive line kept the South's quarterbacks from running even the simplified offense effectively, sacking Sheriff and Patrick Henry's Mark Todd repeatedly.

The High School Sports Association of San Diego has sponsored the game since 1993 as a way to give graduated seniors one last opportunity to battle on a prep playing field. In addition, Chargers' owner Alex Spanos donates $1,000 to the school which the offensive and defensive players of the game attended.

Sheriff, the 6-foot 2-inch, 210 pound QB, led the county with 2,595 yards and 29 touchdowns last year, and his Wolf Pack to a play-off berth, is on his way to San Diego State. He was joined in the game by other local players Andre McKinzie (Helix), Richard Bravin (Valhalla), Brandon Campbell (Monte Vista), Jason Claytor (Helix), Mohammed Muheize (El Cajon Valley), Trey Young (Helix), Brad Milne, Ryan Foster and Jason O'Neal (West Hills), Kevin Meyers (Santana), Eric Jesperson (El Cajon Valley) and Jack Everett (Grossmont).

Sheriff will, ironically, be rooming with J.R. Tolver of Mira Mesa High, who quarterbacked the North team. "I don't want to be shown up by J.R.," said Sheriff, half-joking. No one expects either young man to do too much on offense, considering the practice sessions for the contest were limited to just two weeks.

A dozen players representing the South squad have committed to attend Grossmont College in the fall, including Muheize, who helped led the Braves to a 10-2 season last year, the school's best ever.

Thanks to a blocked punt, the South won, 14 - 7, in last year's game.

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Vehicle and insurance needed
Call 697-6739

Adult Recreation Sports Standings

Softball

Women's (as of 7/8)

Team	W	L
Santee Blue	9	1
How About Tank Tops	8.5	1.5
HEAT	6.5	3.5
Al's Sport Shop	5.5	4.5
In the Zone	5.5	4.5
Triple "R" Enterprises	2	7
Girls Night Out	2	7
Ms. Fits	0	10

Men's A (as of 7/9)

Team	W	L
Paleozoics	9	2
Grand Std Sports Bar	6	4
Enerdyne	5	5
Al's Sport Shop	4	6
American Renais. Ins.	4	6
HEAT	4	6
B.F.E.	4	7

Men's B/C (as of 7/6)

Team	W	L
Asplundh	8	2
Above the Law	8	3
No Fear	6.5	3.5
Lizards	6	5
ARS	4	6
Pure Flo Piranha	2.5	7.5
Pharis Landscape	1	9

Men's D (as of 7/5)

Team	W	L
Drew Ford Col. Ctr	9	1
Top Notch Landscap.	7	3
Comer Brothers	7	3
B-52 Bombers	6	4
Arrow Construction	4	6
Grumpy Old Jox	4	6
River Boys	3	6
Team S.A.	3	6
The Rebels	1	9

CoRec A (as of 6/26)

Team	W	L
Team NOC	8.5	.5
Poculators	7.5	1.5
Frozen Rope	6	3
Sports Photography	5	4
Santana Hair Co.	4	5
Seeing Double	3	6
We Should Be in "D"	1.5	7.5
Bay City Electric	.5	8.5

CoRec B (as of 6/28)

Team	W	L
Valle de Oro Outlaws	7.5	2.5
Bad Dogs	6	3
En Fuego	5.5	3.5
D&H Truck Equip.	4.5	5.5
"A" League Crushers	4	5
Friends & Neighbors	4	5
Hotshots	1.5	8.5

CoRec C (as of 7/7)

Team	W	L
Mamas & Papas	9	1
W. Cst Raingutters	7	2
Come On Babe	7	3
He Said She Said	5	4
Truly Nolen	3	6
Ranch House Wranglers	1	8
Olsen Photography	1	9

CoRec D (as of 6/27)

Team	W	L
Longshots	9	1
Bogart's	7.5	1.5
Blue Thunder	5.5	3.5
Krazy w/Kids	5	4
Strange Bedfellows	4.5	4.5
Sliders	3	6
KAOS	2.5	6.5
Just 4 Fun	1	8

Volleyball

A League (as of 6/28)

Team	W	L
C & D	1	1
Magic Touch	1	1
Safe Set	1	1
Set to Spike	1	1

B League (as of 6/28)

Team	W	L
Dang It	2	0
Spikers R Few	2	0
It's Yours	1	1
No Leapers	1	1
Old Glory	1	1
Slime Dink	1	1

Basketball

(as of 7/8)

Team	W	L
Air Express	3	0
Brunei Bombers	3	0
Colorado Koolade	1	2
Cougars	1	2
Those Guys	1	2
The Grizwalds	0	3

Played under the auspices of the Santee Community Services Dept.
For information call
258-4182

East County Recreation Department Phone numbers

Santee Community Services	258-4182
Spring Valley Parks and Recreation	479-1832
La Mesa Community Services	667-1300
El Cajon Recreation Department (Kennedy Center)	441-1676
Lemon Grove Recreation Center	668-4375
Lakeside Recreation Center	443-4169

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